

Special Issue
Covid 2022

The Strawberry Times

The Official Student Publication of Benguet National High School

September 2021 to July 2022 | Vol. 27 Issue 1



BENGUET NATIONAL HIGH SCHOOL

**WE CARE: Working and Empowering with the Community in
Assuring a Responsive, Resilient and Culture-Driven Education**

Top Stories:

6 BENHS celebrates
32nd Founding Anniv

11 Language Dept's spear-
head 'Brigada Pagbasa'

19 Shot putter: Denver
Tacay dreams BIG in a
hopeful landing

news

- 4 | In the Loop: Social Media and Website accounts of BeNHS
- 5 | Message: Principal Nestor O. Dalay-on
- 6 | BeNHS @32: Banners Quality Educ amidst Covid 19
- 7 | BeNHS graces Sec Briones' visit to the Province
GAD grabs 1st Place in Video-Making Contest
- 8 | BeNHS is Mega-school Brigada Eskwela best Implementer
- 9 | Virtual Campus Journ equips Elem and Secondary SPAs
BeNHS Teachers participate in IKSP Seminars
- 10 | BeNHS is Safety Seal certified, conducts limited F2F classes
FBS hosts 'Dine for a Cause'
- 11 | Language Dept's spearhead 'Brigada Pagbasa'
- 12 | Student researchers lauded in Sci & Math Fest '22
SPJ/SPFL is new dep't; debuts Mandarin in August

community

13

- One -stop Care Photo Essays
- Cong. Yap, United Benguet holds Thanksgiving Party
- The Surge of Monkeypox

feature

- 14 | Campus Look
- 15 | Movie Review
The Sophisticated edge of LGBTQIA+

16

opinion

- What to always remember when a first-time voter
- Why students' Opinion on Election Matters
- Fear of Missing Out (FOMO)

17

culture

- Kalinga's Heritage Tattoo

18

sports

- Benguet Teachers shine in Galaw Pilipinas Tilt
- SSG launches MLBB Scrimmage
- Benguet hosts teachers' Sports Confab
- 19 | Up close: Shot putter Denver Tacay dreams BIG

ABOUT
THE COVER



Spotted on the school ground, these three Grade 9 girls sport their blue-green-red headress and mascots worn for a dance competition. They are gleeful to meet each other after 2 years of pandemic thru limited face-to-face classes. The Strawberry Times (TST) banners the hopeful return of a new normal in the next school year.



The back cover pays homage to La Trinidad, - the strawberry capital of the Philippines for its bountiful harvest.

Climate of **Dis**information

Whenever Filipino intellectuals like Jonathan Corpus Ong and Jason Vincent Cabanes 'shake the bush' or persist on following up a story, reading the facts that surround it, something usually 'falls-out'.

The groundbreaking paper of Ong (Associate Professor at the University of Massachusetts) and Cabanes (Lecturer at University of Leeds,) on "Architects of Networked Disinformation: Behind the Scenes of Troll Accounts and Fake News Production in the Philippines," takes lead to the true nature of Troll Farms - the game-changer and proliferator of distorted information during the recently held Philippine election 2022.

The people behind these 'trolls' are identified mostly as operators and Personal Relations (PR) executives. They bring the techniques of advertising and PR into the realm of digital disinformation in a grander scale that created the climate of disinformation in our country.

The PR industry of trolls has to do with re-packaging and re-branding particular politicians and specific political issues to malign opponents and at the same time boosts the image of the politician they work for. They are very much involved with the disinformation campaigns in the political industry. These troll farms follow a **three-level pyramid** structure.

The first and the base level of the pyramid are identified as the community-level fake account creators. Most of these digital laborers might be working at call centers, search engine optimization work, digital marketing. In summary, they are familiar to the digital industry and actually were fresh university graduates looking for jobs.

Trolls for example create quote accounts in Twitter and Facebook that are in charge of multiple liking, sharing, reposting and retweeting. Basically, just feeding the campaign with attention and making it viral.

Yet, here's also another strand that is kind of similar to the community level fake account operators but there is a clear boundary between them. This strand includes the leaders or operators of actual fanbases of politicians.

They are the ones who encourage the actual supporters to speak up about their political stand. They tap into their sentiments and emotions but their real goal is to weaponize the supporters' emotions and support and that's what makes it negative.



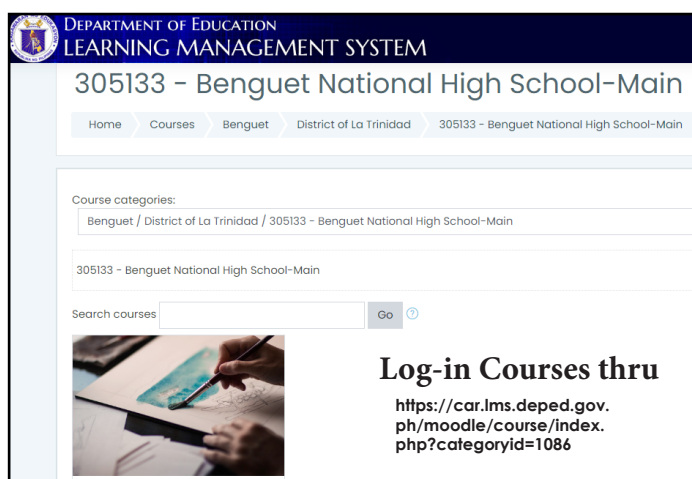
The second level are the digital influencers. These are accounts or pages that post things that people have interests in, like quotes, inspirational words and prayers, memes and funny stuff that a lot of people can relate to. These accounts have at least 50k to 250k followers or a could be a solid fan base. But most of these are anonymous pages.

On top of the pyramid are the PR Executives or the Chief Architects that approach the digital influencers and ask them if they want to use their platforms for political campaigns. They carefully plan on how to bring in political campaigns and they use pages or accounts with positive contents when endorsing a certain politician or party. But they use snarky accounts when attacking a rival party.

As student and part of the academe, how can we protect ourselves from this? For students, effort is more reliable. This entails fact-checking and reading credible resources. It is important that we stop promoting fake news. Get straight with news stories, read the reviews, know the background, not only headlines in front nor the 'partial' truth but the whole truth. Thinking vertically is fine; so is thinking laterally to produce the answers we are looking for.

We then look into our media and journalism as essential part of our democratic knowledge economy. It is our 'fourth state'. The role of the press to act as 'watchdog' is ingredient to the structure of democracy and is the 'barometer' of the strength of democracy in our society. There is more to journalism than looking good on TV. And journalism is not reporting other people's lies. People rely on information that has been verified by these journalists, and therefore it is important to all aspects more so in this pandemic that we need reliable resources that could save our life and community as a whole.

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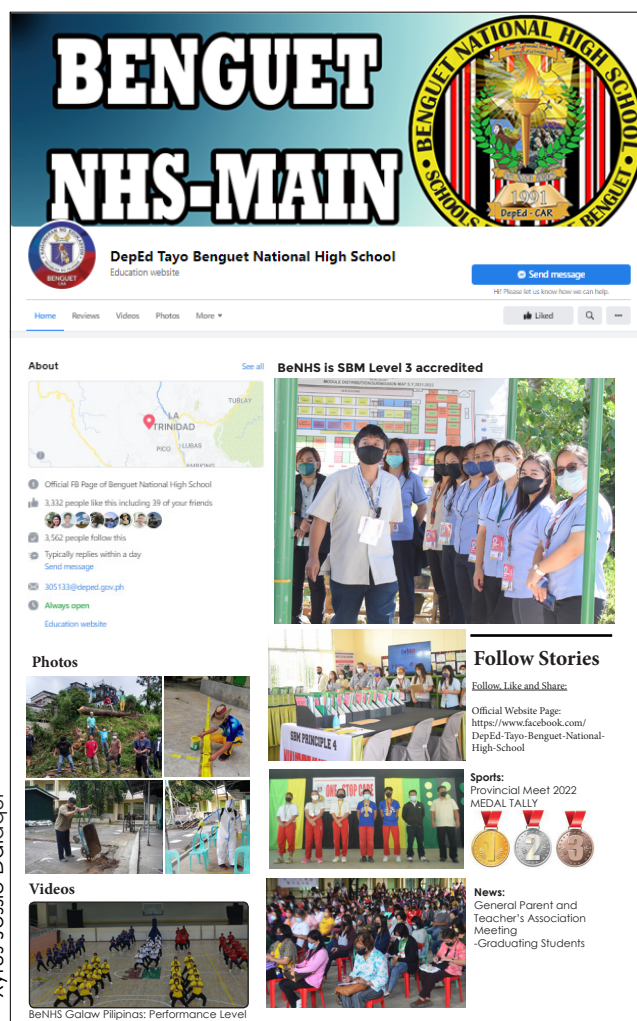
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Illustrated by
Xyrus Jessie Dalaqui



BENGUET NHS-MAIN

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About

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Sports:
Provincial Meet 2022
MEDAL TALLY

News:
General Parent and Teacher's Association Meeting
-Graduating Students

BEHS Galaw Pilipinas: Performance Level

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The Strawberry Times

The Official Student Publication of Benguet National High School

The Benguet National High School is the first mega-school to offer Journalism as a Special Program in the province.
It was officially granted on 2017.
Volume XXVII Issue 1 September 2021 to July 2022

The Strawberry Times (TST) position itself as a credible campus publication at the heart of the province. TST bears as namesake to strawberry capital of the Philippines- La Trinidad.

« CREDITS »

The Strawberry Times hosts the school's leading voices, providing commentary on events in news, society and culture. Opinions expressed do not necessarily reflect the views of the publication, department, and the school as a whole.

For contributions of articles, photos, graphic arts, you may send to thestrawberrytimes2022@gmail.com

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Moving forward despite the pandemic

PRINCIPAL NESTOR DALAY-ON, PhD



The last two school years have tested the school's resiliency. When we were forced to close the school in April 2019 due to the Covid-19 pandemic, learners stayed at home. The supposed temporary closure extended to the next school year that followed.

With the school's eagerness to continue providing education amidst the pandemic, different adjustments were made. The school constructed washing areas, put up signages, and strengthened the health services to comply with the minimum basic health protocols issued by the government. Teachers were sent to attend a series of training so they can prepare self-learning modules (SLM) and digitized learning modules for the learners.

Despite the pandemonium of the previous school years, the school continues to move forward. Just like the bamboo, the school learned how to dance with the wind of the pandemic; yet we did not yield. Above the wind, we rose and came out stronger. Yes, there were bumps along the way just like shortages in the bond papers to be used for printing the SLMs but thankfully, we passed through that challenge because of the generous benefactors of the school. Looking at the list of donations, I am overwhelmed with the support of our stakeholders. I pray that the partnership of the school with these donors will not end once the Covid-19 pandemic is over. I hope that we will continue to work together for our learners.

Likewise, I am tremendously proud of the teaching and non-teaching personnel of the school. Your dedication is immeasurable. You have made big adjustments during the past school years and even sacrificed your personal time to attend to your learners' needs. Some of you were infected with the Covid-19 virus but it did not affect your commitment to serve. IYAMAN, teachers and staff of Benguet National High School because you remain constant in your pledges to your vocation. Benguet High made it through another school year because of our teamwork.

This year, we have had the opportunity to conduct limited face-to-face classes which gives me immense hope and happiness. Happiness because the school is filled with learners after a two-year hiatus and hope because we are going back to face-to-face classes again. Just like the teachers, our learners have gone through tough times. Instead of attending their classes in school, they did the learning at home – some of them by themselves while the others were assisted by their parents, siblings, or relatives. I know it is very difficult, especially with subjects that are not your forte. Yet, you finished your lessons and you accomplished your learning tasks. I extend my congratulations to ALL LEARNERS who made it to the list of achievers this school year. The medal that you received is a testament to your hard work and devotion to your studies. To the parents and/or guardians, IYAMAN for helping us educate your children at home. Through your help, our learners were able to complete their tasks and understand their lessons better.

Indeed, the Covid-19 pandemic changed the landscape of learning in our school but it did not stop us to provide services to our learners. In fact, it brought out the best in us and taught us valuable lessons on resiliency and responsibility. This pandemic made us realize that no matter what happens, the only way is up. Let us heed that mindset as we start another school year this coming August.

Together, let us continue empowering our learners and collaborating with the stakeholders so we can provide quality, resilient, and culture-driven education.

Mabuhay ang Benguet National High School!

BeNHS @32: Banners Quality Educ amidst Covid 19

APRILYN VIERNES,
JEREMY DOMILIES
AND ANA MAE KINOMES



In photo, bottom (L-R) Dignitaries and Guest Speakers grace the celebration of the 32nd Founding Anniversary of the school- La Trinidad Mayor Romeo K. Salda, Governor Melchor D. Diclas, Benguet Caretaker Eric G. Yap, Schools Division Superintendent Gloria B. Buya-ao, and Regional Director Estela L. Carino, FdD, CESOO III.

PHOTO CONTRIBUTION BY SHERYLE DAMBIRAY

With the theme “Fostering Collaboration in Sustaining Quality Education amidst Distance Learning,” Benguet National High School commemorated its 32nd Founding Anniversary through its month-long celebration from January 3 to 28.

Since its institutional birth on June 10, 1991, the two-hectare wide stock farm has grown into a mega-school catering to more than 5,000 students.

DepEd CAR Regional Director Estela Leon-Cariño, the keynote speaker, in the culmination program reminded BeNHS personnel to set aside their differences and work together in nurturing the learners focusing on their needs and capacity during these hard times.

“Collaboration among teachers is the key towards the success of the teaching-learning process,” Cariño remarked.

SDO Benguet Schools Division Superintendent Gloria B. Buya-ao also stressed that while the past brings inspiration to building BeNHS to what it is today, she challenged the teachers on where they would like to take the school from here. Buya-ao stressed that the investment of efforts will give the school identity or brand that will be

carried and forever remembered.

As part of the month-long activity, the school initiated online activities which include Slogan Making for the 7th and 8th graders, Electronic Poster Making for 9th and 10th graders, and Video Production for Senior High School students.

The contests for the Special Program in Journalism (SPJ) and Special Program in Foreign Language (SPFL) Month are photojournalism for SPJ students and cosplay for SPFL students. For the English month, activities like jingle writing, spoken poetry, recorded speech, song composition, and presentation were conducted.

Likewise, a stakeholders’ convergence was conducted in the school’s covered court where accomplishments during

the pandemic were discussed. The school principal Nestor O. Dalay-on also presented the growth of the school, the School Implementation Plan (SIP), and the Disaster Risk Reduction Management (DRRM). They also elected the new Parents-Teachers Association (PTA) Officers, and Mr. Jerry Kiong was installed as the new PTA President.

This year’s founding anniversary culminated with a thanksgiving mass officiated by Rev. Esther Kayat Balawag of the United Church of Christ in the Philippines and the

recognition of service awardees.

The 10-year Service Awardees:

- A. Bosaing, Karen Lapniten
- B. Lacaden, Loida Salming
- C. Acop, Ivy Antonio
- D. Lacbawan, Jersie Berting
- E. Dilla, Delio Langbis

For 15 years

- F. Batnag, Melody Solano
 - G. Otingey, Danny Quirimo
 - H. Rivera, Roger Lampuyas
 - I. Pante, Marina Omiles
 - J. Lidongen, Reymielyn
 - K. Ngolab, Wilson Aquino
 - L. Canuto, Fe Camilo
 - M. Tello, Wilma Puroc
 - N. Palsiyeng, Allan Pengla
- For 20 years
- O. Naisod, Junia Luis
 - P. Gorospe, Mercy Olipe
 - Q. Pelicio, Grace Oway
 - R. Omiles, Feliciano Jr.
 - S. Paulan, Elise Tay-og

For 25 years

- T. Baldo, Martin Mayocycoc
- U. Wangit, Emilia Bumatang

For 35 years

- V. Olas, Caraphan Contero



Rev. Esther Kayat Balawag of UCCP
PHOTO CONTRIBUTION BY SHERYLE DAMBIRAY

DepEd Sec Briones pose with the TVL students of BeNHS during her visit on March to the Province. PHOTO GRAB FROM DepEd PHILIPPINES



BeNHS graces Sec Briones' visit to the Province

Benguet National High School - the largest learning community in the province hosted the honorary visit of the Department of Education Secretary Leonor "Liling" Magtolis Briones and the Head Executive Assistant Nina Bianca Sanglay, with the Youth Affairs & Special Concerns ASec Juan Valeriano Respicio IV on March 22, 2022 as part of their joint Execom-Mancom Meeting set for the week.

Earlier, Secretary Briones, together with the Undersecretary and Chief of Staff Atty. Nepomuceno Malaluan, and ASec Respicio lead the groundbreaking ceremony of the 3-Story Building of the National Educators' Academy of the Philippines- NEAP- CAR at Wangal, La Trinidad, Benguet.

The Benguet National High School hosted the afternoon program despite the heavy rains. Upon entrance to the school, Briones' entourage was warmly welcomed with the resounding gongs and solibaos and the ceremonial dancing of the Bendiyang made festive by the colorful cultural attires of the teachers and warm smiles of the BeNHS learners.

"Mabuhay ang DepEd Cordillera!" greeted Regional Director Estela P. Leon-Carino during the program. She acknowledged the presence of Secretary Briones and distinct guests like Vice Mayor Roderick Awingan, Charen Therese T. Tacio, Representative from the Office of Congressman, attendees from the local offices, and the different Schools Division Superintendents and Assistant Schools Division Superintendents from the region.

In her keynote message, Briones addressed the issues regarding misconceptions about the Igorots. "Those mistakes were already corrected in our modules and we will not allow that to happen again," she said. This sentiment was aired prior by Vice Mayor Awingan in his courtesy talk. He said it's time for our national leaders to correct misconceptions and misrepresentations about the

province. "Perhaps we will have a fashion show so that they will see how beautiful Igorots are." Briones added with a warm smile.

Further, Briones also encouraged the teachers and learners to be inquisitive about the state of affairs in the future. She emphasized that research is important, and the schools should not be late in keeping up with the directions of society. "The world of a teacher is very exciting. We are not only an outlet of wisdom but we have to prepare our learners for the future." She cited the Greek philosophers Plato, Socrates and Aristotle as examples of how academies should aspire to critical thinking.

The Benguet province through the elders adopted Briones as a daughter. In the ceremonial drinking of tapuey, she was given the name 'Likanya' which means "a strong woman." The elders wrapped around her the traditional skirt *devit* or *etten* and inserted a matching blouse called *sa-dey* to warm her.

The welcome program reached more than 400 attendees including teachers from Pugu Elementary School, pupils from Buyagan Elementary School, and the different school heads from La Trinidad District.

GAD grabs 1st Place in Video-Making Contest

The Benguet National High School - Gender and Development (GAD) takes center stage in the video-making contest organized by the DepEd Benguet Division Office (Memo No. 60, S. 2022) in March 2022. Emanating the theme "LAVENDER: Lavishing Equity, Nurturing a Gender Lens," BeNHS-GAD was awarded first place in the Mega Schools Category.

The Magna Carta of Women (RA 9710) defines the Gender and Development Program (GAD) as the "development perspective and process that is participatory and empowering, equitable, sustainable, free from violence, respectful of human rights, supportive of self-determination and actualization of human potentials."

The video-making contest is just one of the many activities towards Gender Mainstreaming guaranteed by the constitution in two folds: women's experience is integral in the socio-economic design and policies for the equal benefit of women and men, assess policies and legislations implicated to both women and men.

The five-minute video piece of the school showcases the three-year accomplishments of the institution towards the following run-down of

Gender-Inclusive activities: (a) LGBT Rights and Responsibilities Seminar in June 2019; (b) Campaign to End-Violence against Women in December 2021; (c) In-service training on Gender-Based Communication in September 2021; (d) Capability Building and GAD-sponsored year-end thanksgiving activities; (e) Psychosocial support to learners and teachers; (f) PWD-accessible facilities; (g) functional breastfeeding

room; and (h) women-empowered teachers in Brigada Eskwela programs.

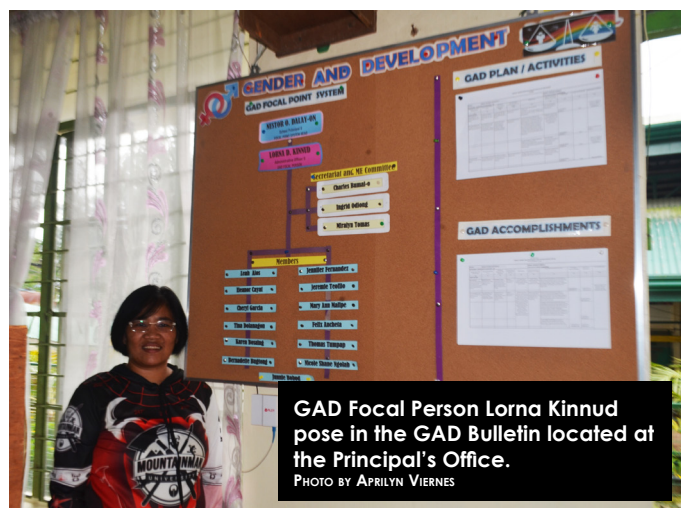
School's GFPS Framework

The school's GAD Focal Point System (GFPS) was created in 2018 to promote a child-friendly and inclusive framework on the campus. The program is the overseer and implementer of GAD-related activities in the school. The budget of GAD for this school year, according

to the focal person Mrs. Lorna Kinnud, is from the Maintenance and Other Operating Expenses (MOOE).

For three years now, the school continues to commemorate Women's Month. In March this year, the theme "We Make Change Work for Women" covers Information Education Campaign for women and advocacies for the Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, plus Allied (LGBTQ+A). The school also participates in the annual 18-day Observation Campaign to End Violence Against Women and Children (VAWC).

The GAD Focal Point System School Committee is headed by School Principal Nestor O. Dalayon. The GAD Focal Person is Mrs. Lorna D. Kinnud and the Secretariat Committee are Charles Vincent Bual-o, Ingrid Odiong, and Miralyn Tomas. Other members include Leah Alos, Eleanor Cayat, Cherryl Garcia, Tina Dolnagon, Karen Bosaing, Bernadette Bugtong, Jennifer Fernandez, Jeremie Teofilo, Mary Ann Malipe, Felix Ancheta, Thomas Tumpap, Nicole Shane Ngolab, and Junnie Bobod.



GAD Focal Person Lorna Kinnud pose in the GAD Bulletin located at the Principal's Office.

PHOTO BY APRILYN VIERNES



Students perform the 'Galaw Pilipinas' exercise at the school covered court. PHOTO BY YUMI CABANG

First to offer Learning Mgmt System (LMS)

BeNHS is Mega-school Brigada Eskwela Best Implementer

JEREMY DOMILIES

At the opening of the SY 2021-2022, Benguet National High School (BeNHS) conducted the month-long Brigada Eskwela (BE) starting from Aug 19, 2021 spearheaded by the school BE Coordinator Mr. Ambricio Tulic. The school is the first to offer the Learning Management System- an online platform for electronic enrolment and digital access to modules for learners.

The school is recognized for its initiatives that complemented the implementation of the Basic Education Learning Plan during the Covid-19 pandemic.

During the month-long Brigada Eskwela that started on August 19, 2021, a total of 1,099 volunteers –(an average of 40 workers a day) consisting of parents, teachers, alumni, and private barangay officials rallied as one in the improvement of the school facilities.

To document this process, a video-competition was conducted by the District Office. A 12-minute video piece was prepared by the Documentation team headed by Sir Charles L. Bumal-o. It features the accomplishment and sustainable school efforts to a conducive learning space for learners.

BeNHS BEST PRACTICES

The school staged a wider platform for the community to participate in the Brigada- the three core strategies were carried out by the school. First, is the Information, Education and

Communication (IEC) wherein, the school strived to increase awareness and support of all stakeholders from local grassroots to barangay levels through various communication channels like social media, communication letters, and text messages. Second is Alliance Building (AB) allowing the school to gather and solidify support from local to regional organizations for the articulation of Brigada Eskwela 2021: Bayanihan Para sa Paaralan. Finally, Capability Building (CAP) which enabled the LGUs, volunteer groups, and alumni partnerships to develop the capacity in helping the school.

Meanwhile, the generated resources are three-pronged: material equipment, financial support, and volunteer service.

Brigada Eskwela's physical work consists of disinfection and sanitation throughout the school premises, installation



Brigada Eskwela 2.0. Top photo- A screen grab of the school LMS, (L)- male faculty members build a hand-washing area for disinfection purposes, (R)- female faculty help clean the school vicinity. PHOTO COURTESY OF SCHOOL DOCUMENTATION TEAM

of signages both directional and covid-19 signages, school carpentry and masonry such as cleaning of drainage canals, making of cabinets, painting work, plumbing, electrical work and fixing of flower beds as the final touch for landscaping and beautification.

Also, the advocacy and marketing committee made infographics, digital ads, and tarpaulin prints to display around the school with the theme of "Bayanihan para sa paaralan" and "Oplan Balik Eskwela for the Department of Education".

During the Evaluation of accomplished and

unaccomplished works, the steering committee and documentation committee monitored the estimated costs of volunteer services rendered during the implementation with a total estimated cost of P240,975, most of which are from carpentry with P70,000 and masonry with P68,850.

Through the donations given from various donors, the assumed total cost of all contributions reached P1,311,212 most of which are from the Isolation Facility Renovation and Classroom Improvement donating materials and labor equating to P500,000.

Virtual Campus Journ equips Elem and Secondary SPAs

A Campus Journalism Virtual Enhancement Seminar and Writing Contest among Secondary School Paper Advisers (SPAs) was conducted on November 24-26, 2021 with the theme "Pahayagang Pangkampus, Kaagapay sa Paghilom at Pagbangon ng Sambayanan." Around 150 SPAs around Benguet District joined the activity to equip the SPAs in the current trends of writing.

The Pandemic has halted the Press Conferences and journalism trainings for students. The Department of Education then tapped on the SPAs to be trained as preparation of opening of classes in the next school year. As Per Division Memo No 436, s. 2021, the activity aims to enhance knowledge and skills on different topics namely: News, Feature, Editorial, Column, Photojournalism and three flagship topics: Development of Instructional Materials in Campus Journalism, Search for Outstanding Campus Journalism Project, and Research in Campus Journalism.

Two teachers of Benguet National High School were among the Resource Speakers. Special Program in Journalism and Foreign Language (SPJ/SPFL) Coordinator Mrs. Karen L. Bosaing lectured on the Development of Instructional Materials on Campus Journalism. While Mr. Richard Giye lectured on Sports Writing.

On the third day, winners of the different writing contests were recognized. For Column Writing: 1st - Ms. Sandra S. Ignacio, 2nd - Mrs. Jobelle Batanes, 3rd - Ms. Aizel S. Bantac, 4th - Ms. Mavis E. Baliquied and 5th - Ms. Vanessa Antolin.

For Editorial Writing: 1st - Bona Siloy, 2nd - Jennifer Saltin, 3rd - Vanessa Antolino, 4th - Ms. Irene B. Catanes, and 5th - Ms. Justine Lacaden.

For Investigative Journalism: 1st- Olivia T. Buance and Palina, 2nd- Jovena B. Tabao and Enrique Jose, 3rd - Lorelyn M. Pating and Hazel C. Velasco.

For News Writing: 1st Myla K. Madinno, 2nd- Gemma S. Martin, 3rd- Jobelle A. Batanes.

For Photojournalism: 1st - Jovena B. Tabao-ec, 2nd - Analyn N. Kodangos, 3rd - Lynden E. Olas.

For Sports writing: 1st - Jeserlyne W. Cubangay 2nd -Mavis E. Baliquied, 3rd -Glyd Benosan.

For Feature Writing: 1st Mavis E. Baliquied, 2nd - Josie S. Depnag, 3rd Sandra Siteg.

The Republic Act no. 7079 or the Campus Journalism Act of 1991- this guarantees the existence and legal mandate of the freedom of the press among public schools as crucial towards building the creative and critical thinking of the Filipino students.



BeNHS Teachers participate in IKSP Seminars

ROS HANSEL GUALDO

In line with the goal of the Indigenous Peoples Education (IPEd) in providing quality education to schools, a series of seminars on Indigenous Knowledge Systems and Practices (IKSP) and Integration in Lessons were participated in by the teachers of Benguet National High School.

This started September last year with the speaker Dr. Stanley F. Anongos, Jr., -Dean of the College of Arts and Sciences, Benguet State University (BSU). Anongos introduced to teachers the importance of culture in the curriculum. IKSP should be present in the lessons of different subject teachers. They identified the need to verify these cultural resources and access them for easier implementation.

In response to the need, Sir Modesto Angyatao, the IPEd Coordinator of Buguias and a National Trainee on Cultural Mapping shared the scope and nature of Cultural Mapping and its relation to Indigenous Knowledge known as local knowledge or traditional knowledge. His rich sharing and experience reminded the teachers to pursue researches on culture and IKSPs.

Due to the complex process of doing Cultural Mapping,

many teachers admitted to use secondary sources. However, they were encouraged by the speakers to use IKSP-based researches available at the BSU-Institute of Social Research and Development (BSU-ISRD).

With the initiative of the IKSP Coordinators of BeNHS, Sir Danny Otingey and Sir Ros Jansel Gualdo, a follow up seminar to instill among teachers the importance of research in culture was conducted.

The speakers were from BSU - Social Sciences Department - Dr. Stanley Anongos Jr., Dr. Karylle Ngina, Prof. Heather Kiwang, Prof. Greg Taag and ISRD Dir. Gigy Banes. Their passion in both research and in Indigenous Knowledge of the Cordillera was evident as many of the teachers were enlightened on their task as teachers and IKSP advocates.

In the open forum, the speakers reflected on their joys and challenges in doing research through-out many years of interacting with various indigenous communities. The speakers shared different cultural practices handed down from our ancestors including the collective consciousness or the sense of "ili"; the very relevant value of binnadang, ogfu,

aduyon, paniyaw and inayan; the wholistic concept of health and well-being; our responsibility towards the environment, and many others. All these were the "tawid" or heritage given by our amam-a, pangpangoan or elders.

On March of this year, Ms. Karen Bosaing, the coordinator for Special Program for Foreign Language and Journalism shared how she has been integrating IKSP in her English classes. Many teachers were able to attend this 3-day seminar-workshop that our school head, Sir Nestor Dalay-on greatly appreciated the collective efforts of the teachers and challenged them to apply all these lessons in their tasks as educators.

On April 20, 2022, the BeNHS teachers responded to the challenge by proudly presenting their daily lessons integrating IKSP. These were presented to the various subject area coordinators for evaluation and improvement. As a result, most teachers became more aware of their identity and culture especially after witnessing a non-Cordilleran teacher talking about IKS. The teachers will continue their effort to make their classroom culture-friendly to their students and continue to be the modern-day "elders" of the indigenous community.

BeNHS is Safety Seal certified, conducts limited F2F classes

XYRHUS DALAQUI

The SPJ/SPFL, SPA and TVL were among the first batch students who went for limited face-to-face classes for the fourth grading of the school year. PHOTO BY TST ARCHIVE



The biggest school in the province - Benguet National High School (BeNHS) received its Safety Seal Certification allowing it to offer limited face-to-face classes starting on February 16, 2022.

The Safety Seal Certification Program was adopted by the Inter-Agency Task Force for the management of Emerging Infectious Disease (IATF) as the official contract tracing application of the government. BeNHS was found compliant with the Minimum Public Health Standards (MPHS) set by the government. The certification is valid until August 2022 which is enough time in anticipation for a limited face-

to-face in the next school year.

Catering to more than 5,000 students from the different municipalities, the mega school has set up its triage and hand-washing areas around the campus. Part of the Safety Seal is the strict compliance to temperature monitoring, and facemask wearing of parents, students, and visitors entering school.

Also, different Information materials like signages, tarpaulins, and arrows painted at the entrance and exit paths of the school were installed. The school adopted a drop-and-go policy in the submission of student modules whereby, modules are quarantined for a few days and are carefully disinfected to

avoid transmission of the virus.

Aside from schools, the Department of Trade and Industry (DTI) issues the Safety Seal for supermarkets, groceries, convenience stores, membership shopping clubs, construction supply/hardware stores, logistics service providers, barbershops and salons, and service and repair shops.

BeNHS TechVoc Class Opened

The reopening of a limited face-to-face (F2F) class takes off for Technical Vocational Livelihood (TVL) on February 17 just in time for the monitoring of the TechVoc programs, Joint Delivery of Voucher Program, and the conduct of limited face-to-face classes.

Director IV Jocelyn DR Andaya of DepEd Central Office Bureau of Curriculum and Development, DepEd CAR Regional Director Estela L. Carino, Assistant Regional Director Florante Vergara, and SDO Benguet Schools Division Superintendent Gloria B. Buyao were among the school leaders who went around the school to check on the facilities and classes.

Students demonstrated skill-based learning while observing the Minimum Health Protocol and physical distancing. The Cookery learners, for instance, prepared their food plates for the guest. Others showed prowess in table setting and hospitality while other learners demonstrated proper cutting of hair and hairdressing.

Benguet National High School is part of the 57 schools in Benguet that started limited face-to-face classes. RD Cariño stated that the schools have satisfied the School Safety Assessment Tool (SSAT) as validated by the division and regional offices. She remarked that the features of the face-to-face classes will be different, depending on the situation of the schools.

Cariño also added that the students can spend at least 3-5 hours in school which could be twice or thrice a week. Students are also not allowed to spend lunchtime in school. "The conduct of limited face-to-face classes is to give equal opportunity to our students, especially those who do not have the means or are hard up in our present setup at distance learning," Cariño said.

Other schools in Benguet visited by Director Andaya are Benguet Special Education Center and Tublay School of Home Industries.

FBS hosts 'Dine for a Cause'

The Benguet National High School- Grade 11 and Grade 12 Food and Beverages Services (BeNHS-FBS) students in partnership with the Young Entrepreneurship and Cooperative in School - Senior High school (YECS-SHS) Club have set the table for a "Dine For a cause" galore on May 30 and 31, from 12 noon to 3 PM at BeNHS Wanggal, La Trinidad, Benguet.

The two-day simulation was initiated by Ms. Marjorie Cayao, the FBS teacher, to provide learners the opportunity to experience concepts first-hand.

Due to the restrictions brought by the current health crisis, Grade 11 and 12 learners have limited



face-to-face activities to master the core competencies in FBS. Thus, the activity was introduced to enhance the competence of the learners in promoting food and beverage products and providing food and beverage service to guests.

The Set A course consisted of Chicken Parmegiana and Wonton Soup for the main course. For the dessert, vanilla ice cream with chocolate ball and almonds were served. On set B, for the main course is Pork Grilled Liempo along with Wonton soup and Vanilla Ice Cream with chocolate ball and almonds as well.

Beverages were served on the choice of the attendees including red and white wine (alcoholic/non-alcoholic) and Iced tea. The three-course meals, Set A and Set B, are pegged at Php 349 and Php 379 respectively.

In an interview with Adrian N. Palsiyeng, an FBS student, he said that through the dining event, they got to apply their new skills

and since their past activities where more on take-outs simulations.

"We were able to practice actual assisting, tray handling and table appointment and set-up formations. It also improved our communication skills and art of customer service," Palsiyeng said.

Twenty percent of the sales will cover the national certification assessment fees of Grade 11 and 12 FBS learners.

In a similar activity conducted last December 16, 2021, the YECS-SHS staged a 'Snack for A Cause' having three sets of snacks: a.) Clubhouse w/Fries + Cucumber Lemonade, b.) Fried Dumplings w/ Mixed Green Salad in Vinaigrette Dressing + Cucumber Lemonade, and c.) Beef Taco Salad w/ Fried Kangkong + Cucumber Lemonade.

Language Dept's spearhead 'Brigada Pagbasa'

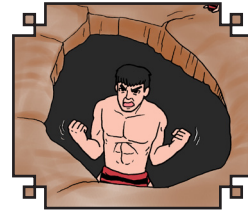
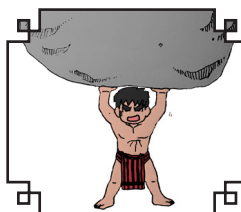
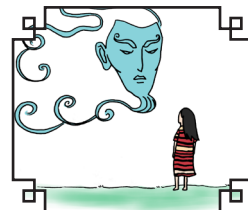
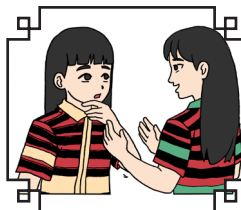
11
Featured News
The Strawberry Times

IRA FE GORIO

In order to cushion the impact of Covid-19 to the reading competency of the students, the Benguet National High School English, SPJ/SPFL and Filipino Departments launched the Brigada Pagbasa 2022 with the theme "The Reading Program La Trinidad: Laging Angat: Teaching Reading Innovatively in Distance Avenues Doable," at the third quarter of SY 2021-2022.



Students catch-up with their modules and report to school following the minimum health protocols set by IATF. PHOTO BY TST ARCHIVE



Benguet folktales takes center stage as source of stories for the Brigada Pagbasa 2022, including the folktales 'The Origin of tapey', 'The Benguet Wind', 'The Mighty Sinsindangan' and 'How ibaloi people killed the Giant'.

After a standard reading assessment to all grade levels, about 1,332 learners are in need of attention and guidance in reading their comprehension. The fact-finding reveals 345 learners from Grade 7 learners, 348 learners from Grade 8, 316 learners from Grade 9, and 323 learners from Grade 10. The intervention made by the teachers targets reading skills such as comprehension, vocabulary, pronunciation and fluency.

Students and parents alike are burdened with the current mode of learning as evident by the lowering of literacy rate in the country. Students need to take responsibilities at home and many during the pandemic went to work to contribute to meager income of the family. "Because of many household chores I fail to attend the limited face-to-face classes," Kashmere Pongdad a Grade 9 student admitted.

"The once vibrant, lively, swarming campus became eerily quiet, spiritless and empty. It has gone from a

garden of hope to a place of gloom and doom," Ms Sheryle Dambiray an English teacher describe the state of many students in a video presentation.

Stakeholders Involvement

Taking the advice from an African proverb "It takes a village to raise a child", the school sought the participation of various stakeholders from local officials, local offices, alumni, and parents to rally behind the reading program. To convey these multi-sectoral efforts, individuals conducted virtual recordings of them reading lessons to encourage learners to read at their homes.

Congressman re-elect Eric Yap read a folktale "Ang Asawang Mangangaso", Darryl Biag Bosaing- an English teacher read "The Origin of the Fireflies and Black Ants", then followed a chain of readings to name a few - BeNHS Alumna Vanessa Quiyan, Police Officer Sylvester Berting, School Principal Nestor Dalay-on and Assistant Principal Madison B. Kiong including parents and guardians.

A reading intervention for identified learners was prepared. Then a set of reading selections appropriate for their levels and vocabulary development were distributed to modules of the students. For Grade 8, "The Mighty Sinsindangan", For Grade 9- "Origin of Fireflies and Black ants" and For Grade 10 "The Lightning and The Thunder". The intervention was made through online video call (Zoom, Messenger), call, or limited face-to-face reading following a strict health protocol.

Continuing Efforts

The Reading Program maintains a quarterly monitoring from assessment-intervention-feedback. The assessment provides reading to students mostly folktales from Benguet, followed by at least ten interactive questions that encourages students to pay attention to details and reflect to life-lessons they can relate to in this time of pandemic.

The low-readers rate is expected to curb as the intervention continues, as of

February 2022 for Grade 9 for instance from 316 learners, 100 students were promoted based on their improving scores in the reading assessment. The final assessment will be recorded at the end of the school year on June.

Further, the project aims to expound the literary world of the students as they got to learn more about the literature of Benguet for the rapid progress of the intellectual youths.

"It's likened to 'hope for the flowers', the reading program will enliven our learners stunted by the pandemic. Just as the distance education is likened to the rains that drenched the parched land so is the Brigada Pagbasa is likened to the butterflies and the bees that gives Hope to the Flowers," Mr. Thomas Tumpap- the former Coordinator for English and SPJ/SPFL Dep't said in an interview.

Student researchers lauded in Math-Sci Fest '22

JASMIN GOROSPE

The student researchers of Benguet National High School (BeNHS) showed prowess in the recently concluded Division Mathematics and Science Festival Awarding Ceremony held at BeNHS covered court. Wangal, La Trinidad Benguet on May 19-20, 2022.

Bannering the theme "Science and Technology, and Mathematics for the People; Enabling Technologies for sustainable Development for New Normal," the restricted Research Presentations aims to develop the investigation and critical skills among students with emphasis in Science and Mathematics theory building and practice in the field.

The Program was headed by DepEd Benguet Division District La Trinidad and was graced by the Public Schools District Supervisor Delarosa V. Delmas. All of the participants came from the different parts of Benguet.

BeNHS students Stephanie Faye Manalo, Elaizah Nicole Colte and Brione Gayle Dosdos garnered first place in the Life Science Investigatory Team category. In the Physical Science investigatory Team, students Kaizen

Yeager Bugaling, Daryl Diaz, and Mhel Brizen Mang-oy clinched the second place, Bugaling and Diaz were awarded as Best Presenters.

Meanwhile, in the Mathematical Investigation (MI) senior high, math wizards Mark Andree Guaki and Hertz Jay Pablo garnered fourth place. For the MI junior high school level, math wizards Jhanna Mae Walito, Marie Calire Teofilo, and Angeleen Buyagawan settled for third place. In the MI individual junior category, Caryll Doonnie Campana spotted fifth place with the coach Jufelia De Olon. While Franz Robin Ong leaped to third place in the MI Individual senior category with coach Charles Bupal-o.

Prior to the Division Fest, the District Math and Science Level took place at Ambiong National High school and Ambiong Elementary School on April 11-12, 2022.



Student researchers pose with their certificates and medals garnered during the Division (Top) and District Level (Bottom) Math-Sci Festival 2022, respectively.

PHOTO COURTESY OF ASTRID VIRAY AND CHARLES BUMAL-O



ADVOCACY CARAVAN. The SPJ/SPFL and SPA faculty and students went around 3 major elementary schools in La Trinidad to promote the Special Programs of the school on June 6-9, 2022. Photo (Top)- students play instruments in front of Grade 6 pupils. Below, SPJ/SPFL teachers and student-journalists pose with the school principal of Buyagan Elementary School.

PHOTO BY APRILYN VIERNES

SPJ/SPFL is new dep't; debuts Mandarin in August

The newly convened department of Special Programs in Journalism (SPJ) and Special Program in Foreign Language (SPFL) will offer Chinese-Mandarin this coming school year to expand the foreign language communication skills of students in the school..

The SPJ was officially offered in 2017, while the SPFL-Nihongo was offered in 2019. SPJ / SPFL was part of the English Department until the installation of Karen L. Bosaing as Coordinator on February 15. The new department is anticipated to push activities and developments for Journalism and Foreign Language.

The two-flagship program allies with other Special Programs in the Arts (SPA) of the school namely Digital / Media Arts, Theatre, Dance, Creative Writing, Music (Instruments and Vocals), and Visual Arts.

Push for Acad Reforms

During the March 7 Department meeting, a new arrangement for program offering was discussed. The Journalism and Foreign language subjects will be offered to complement TLE subjects starting next school year. Thus,



At the foreground newly installed SPJ/SPFL Coordinator- Karen B. Lapniten

students can now simultaneously enroll in the special programs with their chosen TLE subject.

To maintain a good number of enrollees and address concerns of students wanting to enroll in special programs and TLE but asked to choose, the new arrangement will engage learners to develop their crafts.

Benguet National High School is the pioneer school in the Schools Division of Benguet to offer the Special Programs in Journalism and Foreign Language. Teachers in Nihongo are Jelyn Cortez and Sheryrose Alumno while journalism teachers are Richard Giye, Karen Bosaing, and Verna Manuel.

ONE-STOP CARE: FOSTERING COLLABORATION AND STRENGTHENING VOLUNTEERISM AMONG STAKEHOLDERS



ONE-STOP CARE. Various activities were held at BenHS school campus for its community services. In photo (L-top) - teachers sign-up for free medical check-up assisted by the school nurse, (L-below)- School Principal Nestor Dalayon leads the Psychosocial activity & capability building for teachers & non-teaching, (L-center)- booster shots were given free, (Top)- partner agencies and schools. PHOTO TST ARCHIVE



In photo (L) Professionals line-up at the mobile Professional regulations Commission (PRC) license and certification services as part of the One-stop Care Program organized and hosted by the school. (L2) - Extended hours of accommodation despite power interruptions. PHOTO GRAB FROM DepEd TAYO-BENHS FACEBOOK

Cong. Yap, United Benguet holds Thanksgiving Party

APRILYN VIERNES

Recently proclaimed Benguet Congressman Eric Go Yap with the United Benguet Party held a thanksgiving salvo at the Benguet Sports Complex at Wangal, La Trinidad on May 19, 2022.

Participants from the different 13 districts of the province gathered to join the celebration of the proclamation of the United Benguet winners.

At early morning, the pigs were slaughtered and food was distributed at lunchtime.

During the program, a series of performances were done by different groups. The Son and Daughter Dancers of La Trinidad did a cowboy dance, Ansgan Tuba Dancers performed "Tayaw" with Yap accompanied by a song rendition. The La Trinidad Tai Chi dancers also exhibited their moves with the Yap.

In attendance are the newly-proclaimed Governor Melchor Dillas; Vice Governor Johnny Wagis, Mayor Romeo Salda and the board members of District One and District Two. They all gave their privilege speeches and congratulatory message to the winners.

The congressman expressed his gratitude to his supporters and

his colleagues under the United Benguet Party. He committed for a continuing infrastructure project in the province, farm to market roads and water system, he also targets the construction of phase 1 of a convention center by 2023.

The lunch was served amidst the rain, a reason for a number of visitors leaving. After lunch, they raffled 25 bikes to all attendees and gave cash worth 2,000 each for 1,000 lucky winners. Everyone who attended mostly elders were also given two bags of 2 kilos of rice.

The aftermath of the national election-Oil price hike and low peso exchange rate amidst the global health crisis. In photo -A jeepney driver at km.5 notes down his travel history to avail for gov't incentives.

PHOTO TST ARCHIVE



The Surge of Monkeypox

KASHMERE PONGDAD

The Department of Health (DOH) informed the country about the disease that is spreading around the world. Monkey Pox is a rare disease caused by the infection of the Monkeypox virus, an endemic in several Central and West African Countries. In 1970, the first human Monkeypox case was reported in the Democratic Republic of the Congo.

The Monkeypox virus is a DNA virus with two strands that causes monkeypox in humans and animals. This virus is transferable through droplets from the nose and mouth. Most cases of Monkeypox virus spreading within countries outside Africa often starts with travels linked in Africa or imported animals.

Symptoms of this virus are fever, headache, muscle aches, backaches, swollen lymph nodes, chills and exhaustion. As we can see, most of these are common symptoms of common diseases. In having this illness, people usually recover within two to four weeks. But if the Monkeypox spreads continuously, the person infected will need to be isolated in a hospital.

In order to prevent the virus, people need to avoid going out frequently, always wearing a mask outdoors, sanitizing properly, drink a lot of water and also avoid the sharing of food or utensils.

Monkeypox and Chickenpox aren't the same virus. Although they have similar names and some similar symptoms, they still have different effects. Chickenpox has its own vaccine. Two doses of the Chickenpox vaccine can prevent you from having the said virus by 90%, while Monkeypox still doesn't have a vaccine or cure since it has been out recently. However, antivirals developed for use of patients with monkeypox virus may prove beneficial.

As of writing, the DOH has no cases of Monkeypox Virus here in the Philippines but the nonetheless the pursuit for antidote persists. As for now, maintaining a good health in a proper way is the key to avoid this virus.



14 | Features
The Strawberry Times

CAMPUS LOOK



PHOTOS: TST ARCHIVE OF STUDENTS IN-STYLE SPOTTED AT THE SCHOOL CAMPUS

SHULLA PAKIAS

Have you ever wondered what types of clothes students wear inside the school campus? Well, people nowadays specially teenagers are into fashion. Wearing different kind of clothes like oversized shirts paired with skinny jeans, hoodies, light colored clothes and dark colored clothes have become the trend nowadays. Inside the school campus there are fashion styles that students usually wear aside from uniforms. Some of this are soft-girl, grunge, light academia, dark academia, streetwear and monochromatic.

Soft-girl is a fashion style that is popular among some young women in social media. This style often features light colors like baby pink, baby blue and many more signature pastel shades. It also features some heart and floral patterns, oversized sweaters, mini plaid skirt and also some high waisted jeans. Some young women also puts heavy blush and lip gloss to finish the look.

Grunge, it is a fashion style that can be very different, but what they have in common is the color black. This fashion style also attempt to imitate the cool look of popular musicians both punk and heavy metal rock bands. Baggy jeans, flannel button-up shirts, t-shirts of your favorite grunge bands and bulky or combat style boots are the clothes that is popular in grunge style. Wearing sneakers is okay too. Light Academia and Dark Academia, the light academia is a fashion style that is pure, formal, minimalist and in light nude tones. This fashion style includes relaxed, cozy and comfortable fabrics like cotton, linen, cashmere, and corduroy.

Let's go to the hairstyles. A two block haircut for boys is usually the famous haircut that boys have. The trimmed or shaved back and sides of head are highlighted, while the top is left long and styled as desired. This was first develop in South Korea. This Korean undercut is similar to an undercut in that the back and the side of the head are cut very shortly. French crop, -it is a classic man's hairstyle that is one of the shortest. It has significant fringe and short hair all over the head. This haircut is sometimes confused with ceasar cut that is a short haircut with an even length on top, back and sides.



Meanwhile, dark academia is darker in tones and notably brown. This fashion style typically has beige, cream, dim shades, black, and plaid colors. Streetwear, this fashion is probably the most famous among the examples above. This fashion style is unisex, oversize, colorful and comfy. Baggy clothes and jeans are popular for this style. Sneakers are obviously the shoes for streetwear. Monochromatic, this type of fashion is having a clean and very simple style. This style is also known for pairing different tones of the same color group. Mixing textures and incorporating patterns or prints can also add visual interest. Some examples of texture combination are leather and cotton, denim and chiffon, wool and sequins, sued and silk.

The fringe is usually worn with an irregular natural look but also gives a neat and clearly uniform appearance. For girls haircut, wolf cut is quite famous. This is a hairstyle that features a lot of volume in the front and top of the head. It gets thinner and smaller as it gets closer to the end. It's a challenging cut to achieve, but simple to keep with. Some of the hairstyles that is also seen inside the school campus are braids, bun, ponytails, and more.



Explore different fashion style while you are still young so you can find the style that suits you best.



Movie Review

APRILYN VIERNES

An indictment of bullying culture and China's intense college admissions system, all tucked into a painfully compelling romantic thriller.

'Better Days', a film directed by Kwok Cheung Tsang was based on the Chinese internet novel "In His Youth, In Her Beauty" by writer Jiu Yuexi. The story centers the story of a bullied student and a young runaway thug. At first, it might seem cliché, but the end is quite surprising and not something you can easily imagine.

Chen Nian is the daughter of a single mother that hustles grey market goods and is infamous for her debts. The movie starts off by Chen Nian's classmate hurling herself off the balcony in front of everybody, a suicide caused by the bullying she had been going through, and Chen Nian draping her jacket over her body. After this, Chen Nian became the next victim of these bullies.

She soon meets Xiao Bei, who will become a protector she didn't know she needed. A brittle relationship starts within these two young teenagers. Starting by dislike at first, to being each other's escape from the cruel world. Xiao Bei becomes her companion as she starts to study for the College Entrance Exam.

Almost 10 million Chinese students sit for the National College Entrance Examination or the "Gaokao". Success in this exam determines acceptance to universities. For many, this exam is considered an important deciding factor in a student's future. It's not hard to see why this movie captivates many watchers, as it portrays the high pressure environment that fosters bullying, mental illness and suicide within students.

Watch this touching story that made itself, honestly, one of my favorites. I'm hoping that others can watch it too.

The sophisticated edge of LGBTQIA+

KASHMERE PONGDAD

The LGBTQIA+ Community rallied in the 7 colors of the rainbow. A spectrum as they say, but their long walk to equal arights and recognition is paved with the climate of hate yet they remain to be sophisticated in every way they can.

The LGBTQIA+ is a term to describe people who have romantic, sexual, or affectionate feelings towards people of all genders and sexes. LGBTQIA+ stands for; Lesbian, Gay, Bisexual, Transgender, Queer (Questioning), Intersex, Asexual, and Agender.

In the last few years, Philippines has been ranked to be one of the most gay-friendly nations in the world and also here in Asia. People from other countries may think that being part of the LGBTQIA+ community here in the Philippines is easy but is not usually the case. Some choose to discriminate rather than tolerate due to homophobic justifications.

With regards to the acceptance of the community of the LGBT, it depends on the individual's willingness to be considerate. Some who are broad perspective would take both sides of the person's story- recognize where they are coming from and willing to negotiate positions- thus understand and accepts them heartily.

Recently this year, its good to hear that most filipinos have been slowly accepting the LGBTQIA+ community and starting to have a clear mind. It is much way better than before because LGBTQIA+ community can more freely express themselves.

In the Presidential Debate last February 27, a question was asked; "What's the future of LGBTQIA+, Civil union under your administration?". Most of aspiring presidentiables answered that they support Civil Union and were against same-sex marriage. They also answered that every person deserves to

be loved equally. Vice-President Leni Robredo said that its the government's obligations to make sure that LGBTQIA+ and everyone regardless of gender-orientation thrives in a safe and equal space that all opportunities to the all men and women are also to the non-binary community. The LGBTQIA+ includes the most resilient community in the modern world.

Despite all of the hatred, threats and harmful messages they get, they would just ignore them and just live with their lives. Other people must be confused why they get so much hate. Why they're being discriminated just because of loving the same gender as them. People don't think how LGBTQIA+ community suffered to accept fully themselves and to come out as their true selves. They're scared that the people they love would be disgusted and disappear in front of them.

Since then, the LGBGTQIA+ community finally have stood up fair grounds and faught equal rights to create a better world for the next generation.



A member of the LGBT community and also a TVL student thrives in the school campus.



Soft-girl, Grunge, Light Academia, Dark Academia, Streetwear and Monochromatic are some of the examples of fashion style you can wear. Explore different fashion style while you are still young so you can find the style that suits you best. It may take time to know your own style, but keep on exploring you will find it someday. We should also always remember to wear clothes that will make you comfortable and safe to avoid wardrobe malfunction.



What to always remember for a first-time voter

Pellucidity

Ira Fe Gorio

We are voting because we all want to have good opportunities like how we want our kids to have a good life in the future along with a good education without us worrying financially. But we do not only think for ourselves, we also need to ponder on the long-term effect and longevity of our country - in terms of how systems work in our government, how much opportunities are available, do we have jobs that pays well, and do we have a strong economy standing?

Always remember that when it comes to elections, vote buying and corruption is all against the best things we hope in the future. Avoiding vote could be systemic when politicians give the drivers free gasoline, give cash and food to meager families especially in this time of pandemic.

Vote buying/selling is rampant during national and local election. Despite knowing that this activity will lead to massive corruption, many people still choose to vote in exchange of money. Nowadays citizens think it is now practical to sell votes for them to earn money.

In spite of receiving benefits from candidates, voters should think about the ill effects of how vote-buying reveals the corrupt character of a politician opting to bribe people than genuinely taking into heart the spirit

of public service. Some politicians do not fulfill their promises after the election. In this case, voters should consider the real intentions and background of the candidates before giving their support. Good politicians always follow legal ways of winning and not bribing.

Money and other material things should not attract us because good politicians can provide better in terms of policy-making, public service and good will. Remember to vote wisely, stay vigilant and be safe during this voting especially with the pandemic.

Vote selling otherhand could be a loop hole to an individual's values and character. According to a local survey conducted by the Agshan DevCom newspaper of Benguet State University, citizens want a leader who is 24% civic minded, 20%

good listener and 16% God-fearing. The survey showed that the local people here in our region wants a good and sincere leaders to usher them out from this crisis-health and moral.

Remember that first-time voters should not be satisfied with the bare minimum service they would receive in the future. Electing good public servants can give us a lot more in the future- good governance, jobs, stable economy and guaranteed future. Having a good election and safe voting election should always be our responsibility. These are the things we should always remember. Filipinos don't settle for less but aspire for the best.

Fear of Missing Out (FOMO)

Commentary

Ana Mae Kinomes



During this time of pandemic teens and children spend their time at home, which means more time for the internet. Some folks use it to connect with friends, scroll for updates, and get away from boredom. Although, most use it severely that it takeover their mind and instead of easing the negative thoughts and emotions the opposite happens and it turns into addiction.

Addiction to the internet is when you develop more of a mental dependence to everything online it becomes your world, your life. Researchers have linked compulsive internet use to a range of mental health concerns, some are social phobia and worst, suicidal thoughts. This 'addiction' affect the same part of the brain as the drug, drinking, and gambling addiction affects.

Fear of missing out (FOMO), this is when you have to pick your phone every now and then because of being scared in missing out. A study at the University of Pennsylvania found that high usage of social media can make a person lonely and isolated, they chose to isolate themselves over socializing.

The most common problem with the social media is the cyber bullying. People leave harsh comments and hurtful opinions that attacks and digs deep within the heart and mind, and this in fact results to suicidal thoughts. As for teen girls, social media affects how they see their appearance. They often compare their body to the social media so called "perfect" body and they see themselves as a failure for being not the "perfect".

Maybe we are and we aren't better off with or without it. Keep in mind that everything too much is bad, and balance is important. Take care of our mental health for us to function properly as a real being. Social media isn't a replacement for the real world and real human connection, it is not always the truth and just a highlight reel of what really happened.



Why Students' Opinion about the Election matters

Liberum avis

Aprilyn Viernes

During the elections, a lot of students had talked about the current situation and who they think would be a good candidate to lead and take care of the country. This caused a lot of arguments within young people because of the divided opinions about the matter.

But, how and why do students' opinion matter if they aren't even capable of voting at their age?

First of all, every citizen of the Philippines is eligible to vote once they turn 18 and undergo the proper process, so technically, students will become voters someday. In my opinion, speaking up and expressing oneself early can be a great way to develop critical thinking and the perfect chance to use our right to freedom of speech. Especially when it concerns the well-being of our country and the people that dwell in it.

As a student who longs for change, it is important for other young people like me to acknowledge

the importance of elections and how it can impact our lives. I believe that it is our responsibility. We have the capability to question and know about candidates and parties and what their agendas are. We can set an example for the future that we want with the people we are rooting for.

We are also responsible in shaping the future for the future generations ahead of us by starting early and educating ourselves about voting. Because not only does the election have an effect on us, it also affects the environment and community we are living in. One of the key political issues in these times are environmental issues. Meaning, we are directly affected with the

environmental changes that elected officials make.

As young students, it is important to educate ourselves about the possible impacts that the elections may cause especially our country. It is also our responsibility to respect other people's opinion and educate them about what is right when they have been misinformed. We all want a peaceful election, wherein everyone puts the sake of the country first instead of fighting and disinformation.

Heritage

Tattoo

APRILYN VIERNES



The art of traditional tattooing, called “batok”, in Kalinga makes use of indigenous materials such as the thorn “tinik”, of a citrus tree placed on bamboo stick. The ink is from a mixture of charcoal and water. The “tinik” is dipped in this mixture and then tapped very lightly on the pores of the skin. This style of tattooing became famous and was known around the world because of Apo Whang-Od, who is known to be doing the art for almost 90 years.

In the past, only warriors were given tattoos as a symbol of bravery and service for the people, while tattoos for women symbolizes beauty.

In a tattooing session held at the Igorot Charm Café, located in Tam-awan Village, young tattoo artists gathered from Buscalan, Kalinga. Buscalan is the home of 105 tattoo artist of different ages, and known to be as the “Tattoo Village”.

Princess is one of them, now thirteen years old the youngest tattoo artist. Her first tattoo was back in June 10, 2018, when the Facebook page called *Tabuk Kalinga* first posted a photo of her and naming her as the youngest “mambabatok.”

In an interview at the Charm Cafe, Princess shared how she learned tattooing mostly by just watching the older “mambabatok” and taking interest in it the way they do. She was motivated to continue the tradition in the future, even wanting to have it as a sideline or maybe her career once she finishes studying. She also talked about how she wants to pass down this tradition to future generations, just like what Apo Whang-Od did to her.



(Topmost photos) New generation ‘mambabatok’-Jessica Bayag, Moon Lee Bagtang, Princess Tacatac, Manuel Appag. . Culture writers Ira and Aprilyn pose with the youngest tattoo artist.

Continuing the cultural heritage of Kalinga’s traditional tattooing and the bloodline of the mambabatok of Kalinga, Apo Whang-Od, Jusline and other arising tattoo artists from Buscalan strives to ink their mark and showcase their skills in a skin art- the heritage tattoo.

Princess was nine years-old at the time she first tried Apo Whangod’s signature tatoo- the three circles placed horizontally on the wrist. Whang-od commended her work and since then, she works on a hundred to thousand of hand tappings, focusing her eye to the pattern, and spending long hours for her masterpiece- ‘Princess’ or Jusline Kate Tacatac is the youngest tattoo artist in our country.



When asked if she would be willing to, if given the opportunity, to teach their traditional style of tattooing in other countries, she cited how the controversial *Nas Daily* was allegedly exploiting Apo Whang-Od.

The tradition of tattooing in Kalinga is not something that a lot of people can just learn, as it has a deeper meaning than what most people perceive. Even people within the “Butbot” tribe cannot learn tattooing easily. That’s why a lot of people were confused when *NasAcademy*, an online learning platform, announced an online tutorial of Apo Whang Od’s tattooing process, at Php 750 only. When no one from the community allegedly gave any consent for them to do so. This caused a public outrage especially for the I-Kalingas as it seemed like they were just making use of the culture by profiting from it, instead of appreciating it.

This shows how much Princess look ahead for a sustainable practice of tattoo at this modern time. She cares deeply for this tradition and wants to be part of the preservation of this legacy. She said, the limelight of being a tattoo artist won’t blind her nor its glittering profit. This is a reiteration that Kalinga’s culture heritage or any cultural heritage is not something one can just buy.

The youngest tattoo artist of the Philippines serves as a blueprint for young people who are aware of the importance of a culture and preserving it.

Her advise to aspiring tattoo artists would be “learn the culture and keep track of the line in the tattoo, do not deviate and steady your hands.”

On BeNHS -JHS, SHS and Personnel winning streaks

Benguet Teachers shine in 'Galaw Pilipinas' Tilt

NEKISHA VIANNE M. BUESA



In order to improve the health and physical lifestyle of the teaching and non-teaching employees of the Benguet National High School the 'Galaw Pilipinas: A Calisthenics Exercise Competition' - was held at the school covered court on March 2022.

The Galaw Pilipinas is a routine which draws inspiration from Philippine folk dances, festival movements, and arnis stances. Seven teams from the different departments participated in and came up with their own choreography. The teams are namely, Team Emilia from Mathematics and ABM, Team Marlyn from Science and STEM, Team Grace from English, SPJ, SPFL, and SHS-English, Team Veronica from Filipino and SHS-Filipino, Team Catherine from TLE and TVL, Team Panlipunan and Social Sciences; Team Nellie from Araling Panlipunan and Social Sciences, and Team Elsie from ESP, SPA, ICT and ADMIN personnel.

The different teams were instructed to practice at the school covered court every 8:30-9:00 A.M.

Team Math-Wizards Ace School-based Galaw Pilipinas Tilt

Following the set criteria of judging: 25% for correct execution, 20% for perfect timing, 5% for proper attire and 50% learner's reaction from Facebook shares and likes- with a total score of 100%.

The Champion goes to the math wizards- Team Emilia ABM; First Runner-up- Team Catherine; 2nd Runner-up- Team Nellie; 3rd Runner-up- Team Grace; 4th Runner-up- ESP, SPA, ICT and ADMIN personnel; 5th Runner-up- Team Marlyn; 6th Place- Team Veronica.

In an interview with one of the teachers, she said that her blood flow and sleeping pattern improved during the time of regular exercise.

For viewing of the performances, the videos are posted at Facebook page of the Supreme Student Government.

As of presstime, the faculty members represented the school during the District Virtual Festival Of Talents held on May 27, 2022 until June 8, 2022. Team Benguet High dominated the first place for the Personnel category. The winning streak extended for the Junior and Senior High School categories emerged both first places.

BeNHS hosts teachers' Sports confab

KASHMERE F. PONGDAD

Physical education and sports are fundamental rights for all students- this has been the important discussion during the conduct of teachers' training on Sports coaching held at Benguet National High School on March 25 and 26 in leverage to the development of sports education in the province.

There were 168 coaches / trainers and technical officials from the different high school institutions who attended the two-day event. Sports is being eyed as pivotal bridging activities to invite back the students who were lodged for two years during the pandemic. Sport activities instill self-discipline, sportsmanship, friendship and excellence to students. The coaches were graced by the support of the SDS Gloria B. Buyao who gave the keynote message in the opening program. The orientation was headed by the Division Sports Coordinator Cesar B. Luma-ang in preparation to the upcoming 2022 Benguet Provincial Virtual Sports Skills Contest.

The participants were led for a breakaway session in their respective sports discipline for the focus group enhancement trainings on: billiards, boxing, athletics, arnis, gymnastics, sepak-takraw and taekwondo.

The said events have been the key sports areas that the provincial schools excelled. According to the DepEd sports manual, a minimum of three sports discipline per school should be implemented in strict compliance with the health protocols this time of limited face-to-face classes.

SSG launches MLBB Scrimmage

HANNAH WILANG WITH REPORTS FROM CHARLES BUMAL-O

The Supreme Student Government (SSG) debuts an e-sports tournament, the BeNHS: Mobile Legends Bang Bang (MLBB) Scrimmage from March to April 2, 2022.

The tournament was participated in by eight teams composed of five members each. The teams were Team Ampep, Phntom Bistro, Iced Coffee, Wonder Pets, Primordials, Assassin Pride, Franz D. Sadboi and Arcade Legends.

After grueling group stages, Team Ampep, Iced Coffee, Phntom Bistro, and Franz D. Sadboi successfully made their way to the medal matches with the first two relegated to the bronze medal match and the latter two to the gold medal match.

In the battle for bronze, Team Ampep narrowly escaped Team Iced Coffee, 3-2, while the championship game showed a dominating performance

from Team Franz D. Sadboi.

Despite being dropped to the lower bracket in the early stages of the tournament, Team Franz D. Sadboi crawled their way up to earn a spot in the winner take it all match. Unbothered by two maniacs from Team Phntom Bistro, Team Franz managed to take advantage of the Team Phntom's mismoves and earn a convincing 3-1 win.

"We are all happy because our trainings paid off very well. We became a bit nervous after losing the first game in the Grand Finals but we regrouped and focused in our gameplay in the succeeding matches", said Team Franz's roamer Jim "#STELLA.22" Kis-ing in a post tournament interview.

"We struggled in the early stages of the tournament because of lack of players. Our mindset back then was to just join for fun and enjoy playing with other teams," he added.

Having two female players in their line-up has never been a disadvantage for the champions.

"Many doubted on our team because we had two female players, but we just ignored them and showed that strength in the game is not based on gender," Kis-ing concluded.

Other members of Team Franz D. Sadboi are Gold Laner Tiffany "Gwyn Still Learning" Pagoli, Exp Laner Wency "Shyne" Angluben, Support Eryl Dawn "Celestia" Cadley, and Jungler Franz "Drey Tried" Piloton.

The matches were livestreamed in the school's SSG Facebook Page.

DREAMS BIG

in a hopeful landing

Denver Tacay, a young lad with big built from Tadian, Mountain Province finds himself walking at the wide tracks and tall buildings of the school. He carries his envelope filled with answer sheets and look far at newly installed Benguet oval; his measured success at his early break in Shot Put and Discus Throw paves way for him to continue his family legacy in these throwing events while keeping a good track in new home school.

On Mondays, Wednesdays and Fridays you find Denver lunging and practicing throws at Baguio City Oval. He lifts metal balls, walks long meters, and squat with his chest out to cultivate good posture. Denver checks his good landing and establish strong contact to the ground in order to find strength in pushing vaults. After practice, he juggles his academic lessons in Grade 9. This is how Pandemic made flexi time for students / athletes like Denver as they can do multiple things at a time.

On March 26, Denver's strong debut in a First-Place discus throw at the SEA Games Performance Trials in Pasig.

Discus throw is a track and field event - a heavy metal disc called *discus* is being hurled at a farthest distance. It weighs about 1 to 2 kilos at around 18 to 22 cm in diameter. The *discus* can only be thrown by an athlete when he or she will stand inside a circle which has a diameter of 2.5 meter.

Denver discovered his strong grip when he grew up in the province assisting their small family store. He would carry and deliver water

jugs and gasoline tanks to the neighborhood. At the age of 15 he received another recognition at the National Open on April 29 at Pasig Ultra Complex with the Team Baguio.

This time in the field of shot put which involves pushing rather than throwing- a heavy spherical ball called -the *shot* at a distance. The *shot*, is a metal ball weighing 7.26kg for men and 4kg for women. There are three qualifying rounds to enter the 'Magic 8' in shot put. Then, the final three rounds will be taken for ranking. Denver settled 9th place in shotput but lost a record in discus.

On May 29 however, Denver made a comeback at the National Invitational Sports Competition (NISC) recently held at Iloilo City. He landed fourth place in discus throw and holds a Personal Vest (PV) at 1.75 kg at 41-meter far.

"My dream is to become part of the (elite) National Team," Denver said in an interview with The Strawberry Time writer. He was inspired by his grandlola Nilda who was also a former thrower in

her younger years. Denver's uncle Rod and mom Shirley were also throwers of javelin and shotput, respectively.

Denver transferred to Benguet National High School due to lack of opportunities and support in the province. The coaching and facilities are scant in his home school. He started as a curious volleyball and badminton player at Kayan East Elementary School then shifted to shotput and discus when he enrolled at Tadian School of Arts and Trades.

Denver aspires to pursue Architecture at the University of Baguio. His mom Shirley has stayed 18 years in Qatar and Denver lived with the relatives

Denver Tacay with Sir Allan Palsiyeng
PHOTO BY TST ARCHIVE

now at Cabinet Hill. During his occasional trip from Baguio to Wangal, Denver has a long way of realizing his dream.

"My advice for those who aspire to enter track and field is for you not ever give-up what you love to do. 'Wag tumingin sa result, ag-enjoy kayo nga ag-discover step-by-step until ma-reach yo jay dreams yo,'" Denver enthused with hopeful smile.





Medal Tally of BeNHS for 2022 Benguet Provincial Virtual Sports Meet Awarding Ceremony – May 27, 2022

Gold

Arnis – 8 golds
Boxing – 3 golds
Men Artistic Gym - 3 gold
Female Artistic Gym- 3 golds
Aerobic Gymnastics – 5 golds
Sepak Takraw Boys – 11 golds
Taekwondo - 3 golds
Billiards – Female -gold

Silver

Arnis – 6 silver
Boxing – 1 silver
Men Artistic Gym - 3 silver
Female Artistic Gym- 3 silver
Aerobic Gymnastics – 3 silver
Sepak Takraw Boys – 2 silver,
Billiards Male - silver
Wushu – Male -silver

Bronze

Arnis – 1 bronze
Boxing – 2 bronze
Men Artistic Gym - 3 bronze
Female Artistic Gym- 3 bronze
Aerobic Gymnastics – 3 bronze
Sepak Takraw Boys – 3 bronze